

ACHIEVEMENT PATCH PROGRAM

FISHING

North Carolina Fishing Safety Workbook



This training program is developed to teach the basics of fishing and fishing safety. Complete this workbook to become a certified member.

Want a wonderful way to enjoy the great outdoors here in North Carolina and beyond? Then why not go fishing – spend some quality time with your family and friends. Now let's take a little time to learn more about freshwater fishing, saltwater fishing, fly fishing and yes, even ice fishing.

- 1** Learn types of fishing.
- 2** Learn fishing safety and responsibility.
- 3** Mail or email the completed review page of this workbook to receive your North Carolina Outdoor Heritage Advisory Council Achievement Patch and course completion document.

Where Can You Fish in North Carolina?

Freshwater:

Our state, as well as most across our country, offer everything from freshwater lakes, reservoirs, and ponds to streams and rivers making them all great spots for anglers of all levels to pursue that big one. From the cool mountain waters in the western part of our state to our state's 59 lakes, we know you'll find that perfect spot on our thousands of miles of streams and shoreline.

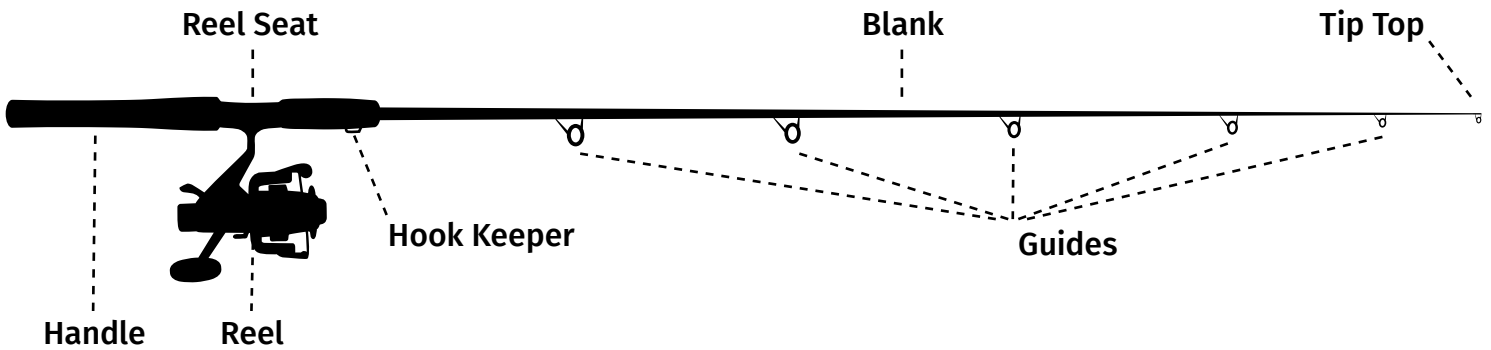
Saltwater:

Well, we've got this one covered with over 300 miles of coastline and all those in-shore waterways, canals, marsh areas, and flats. Every angler can chase the wide variety of species that call our waters home – seasonal or year-round. From trolling for the big ones off-shore to sharpening your skills near shore, on the flats, or surf, you'll always have a fish story to share.

Always Fish Legally

Always remember before that first cast to make sure you have an adequate fishing license and permission to fish where you are. Resources for North Carolina fishing licenses can be found online at ncwildlife.org under licenses and regulations.

Fishing Rod Anatomy



A fishing rod is essentially a long rod made of fiberglass, carbon fiber composite, or bamboo, and as the name implies, is meant to catch fish. Fishing rods are used mainly for recreational and competitive fishing. To attract and catch fish, live bait, dead bait, or a lure is attached to the line and then the waiting and fun begin.

These rods are available in various lengths, weights, and other configurations depending on what they are being used for as well as where – salt or freshwater.

Types of Fishing Rods

The most common types of fishing rods include:

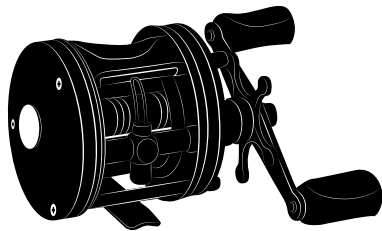
- Fly rods that cast artificial flies into the water
- Spinning and baitcasting rods for casting lures and/or live or cut bait
- Trolling rods for dragging lures or bait from moving boats

Tackle

The wide variety of accessories/gear used in fishing are generally known as fishing tackle and includes things like line, sinkers, hooks, floats, reels, lures, baits, swivels, spoons, bobbers, planers, weights, gaffs, knives, pliers, nets, tackle boxes, waders, and more.



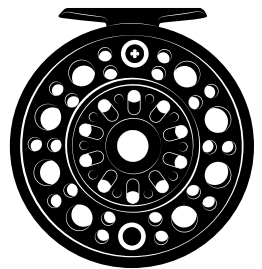
Spinning



Trolling



Baitcasting



Fly

Going Fishing Checklists - The Basics

Freshwater

- ☐ Your NC fishing license
- ☐ A freshwater rod and reel (baitcasting reel or spinning reel)
- ☐ Live bait (worms, crickets, minnows, and more)
- ☐ Lures (you'll have a wide variety of options here)
- ☐ Hooks
- ☐ Something to cut fishing line (knife, scissors, or nippers)
- ☐ Tackle (bobbers, swivels, weights, and leaders)
- ☐ The proper clothing for the weather you'll be fishing in
- ☐ Sunscreen and sunglasses
- ☐ Food, snacks and drinks

Saltwater

- ☐ Your NC fishing license
- ☐ A good saltwater rod and reel (for the type of fish you will be targeting)
- ☐ Bait (live and frozen)
- ☐ Gaffs and nets
- ☐ Fishing pliers and scissors
- ☐ Knives for cutting bait
- ☐ Fish hook remover
- ☐ The proper clothing for the weather you'll be fishing in
- ☐ Foul weather gear – a must for even the best off-shore day
- ☐ Sunscreen and sunglasses
- ☐ Food, snacks and plenty of water

Fly Fishing

- ☐ Your NC fishing license
- ☐ The right fly fishing rod and reel (selecting the right length and weight rod)
- ☐ Waders and wading boots
- ☐ Forceps and nippers
- ☐ Net
- ☐ Fly box with an assortment of flies for what you want to catch
- ☐ Weather appropriate clothing (hint: a fly vest is a great investment)
- ☐ Sunscreen and sunglasses
- ☐ Food, snacks and plenty of water

What's in Our Waters?

Our Freshwater Species

With our state's overwhelming number of great freshwater places to fish for beginners to the more experienced anglers, you'll quickly realize that your options are nearly endless. In fact, about 40 percent of all fish are freshwater species. Depending on the fishing spots you select here in North Carolina, you'll find a wide variety of fish, including:

- Bass
- Blue Gill
- Bowfin
- Carp
- Catfish
- Crappie
- Muskellunge
- Perch
- Pickerel
- Pumpkinseed
- Sunfish
- Trout
- Walleye
- Warmouth

Our Saltwater Species

Just ask any local captain or in-shore fishing guide, and they'll tell you straight up how great fishing is here in North Carolina. Whether you're off-shore or near-shore on a boat, dropping your line from a pier, or surfcasting, our waters are full of the fish that keep people coming back to our state for more. Fish like:

- Amberjack
- Atlantic Bonito
- Barracuda
- Black Drum
- Bluefish
- Butterfish
- Cobia
- Croaker
- Dolphin (Mahi-Mahi)
- False Albacore
- Flounder
- Hogfish
- Mackerel (King and Spanish)
- Marlin (Blue and White)
- Mullet
- Perch
- Pinfish
- Pompano
- Porgy
- Redfish
- Sailfish
- Sea Bass
- Sea Robin
- Sea Trout
- Shad
- Shark
- Sheepshead
- Skate
- Spadefish
- Spot
- Tarpon
- Toadfish
- Tuna (Yellowfin, Bluefin and Blackfin)
- Wahoo
- Weakfish

Is Your Fish A Keeper?

Well, just because you think it is, doesn't mean it is. That's because the North Carolina Wildlife Resources Commission has some rules, regulations, and guidelines we all have to follow for both inland fishing and saltwater fishing. This includes size limits, what time of year you can keep them if that applies, as well as how many each angler can keep. Be in the know!

To learn more, visit ncwildlife.org/Fishing/Laws-Safety/Fishing-Regulations

Fishing Safety Rules – Follow At All Times

- 1 Make sure to look behind you before casting so that your hook will not catch a power line, tree, or another person.
- 2 If a hook is deep inside the fish's mouth, don't put your hand inside. Use some kind of a hook remover to carefully remove the hook. If this doesn't work, cut the line as far back as you safely can to release the fish.
- 3 Always wear sunscreen on exposed areas like your face, neck, and hands. The sun's rays can damage your skin for life.
- 4 Wear a hat. Hats keep your head cool in the summer and warm in the winter.
- 5 Protect the only eyes you have by wearing some kind of sunglasses.
- 6 Wear shoes or boots to protect your feet from stray hooks, glass, sharp rocks, and other objects on shore and in the water that could cut bare feet.

Basic Boating Safety:

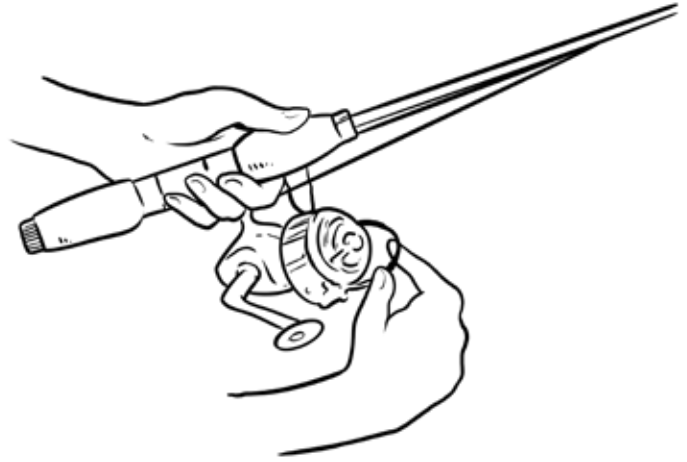
- 1 Make sure all required equipment and a first aid box are onboard your boat before going fishing, and know how to properly use the rescue devices onboard.
- 2 Young children should always have their life preservers on.
- 3 Be wary of the weather and head in before the storm arrives.
- 4 When traveling at night, be sure your running lights are on so others can see you.
- 5 Off-shore? Then, this one's a must – always carry some type of EPIRB (Emergency Position Indicating Radio Beacon) to alert search and rescue services in the event of an emergency.
- 6 It's a great idea to always fish with at least one other person when you can for a little added safety – so, take a friend fishing!

SAFETY FIRST!

Casting Fundamentals

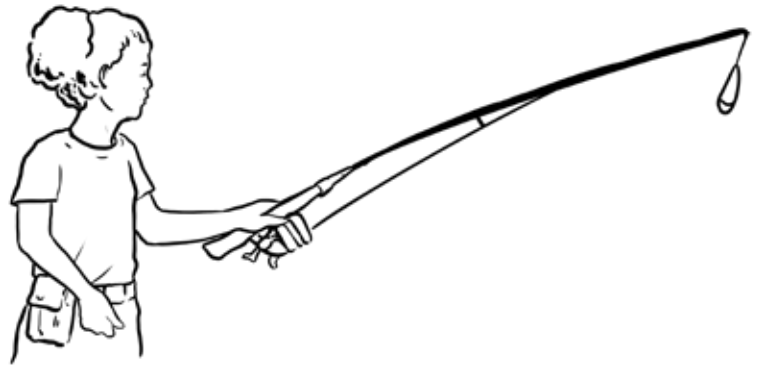
- 1 Grip the rod in your dominant hand and hold it horizontal, so the reel is below the rod, facing the ground.**

Align the line roller with the rod. Pull the line off the roller with your index finger, holding it against the rod's grip. While maintaining your grip, use your free nondominant hand to flip the reel's bail up.



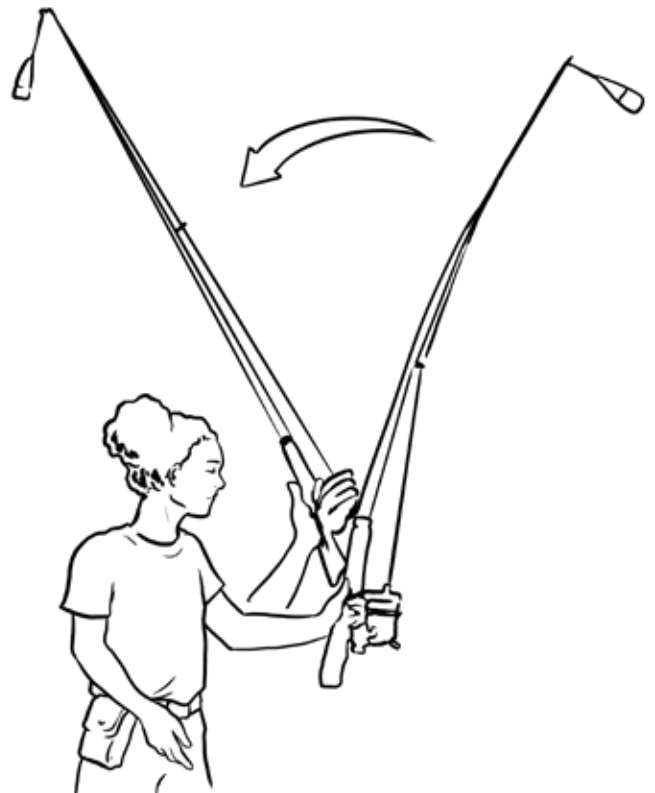
- 2 Allow 6-12 inches of line to hang off the tip of your rod.**

Keep your dominate hand's index finger on the line, to add more length pull the line with your opposite hand.



- 3 Bring the rod back up over your head just past vertical, while still holding the line with your index finger. Pick the area of water you are aiming to reach.**

Be sure you have checked your surroundings so you do not hit any obstacles.



Casting Fundamentals *Continued*

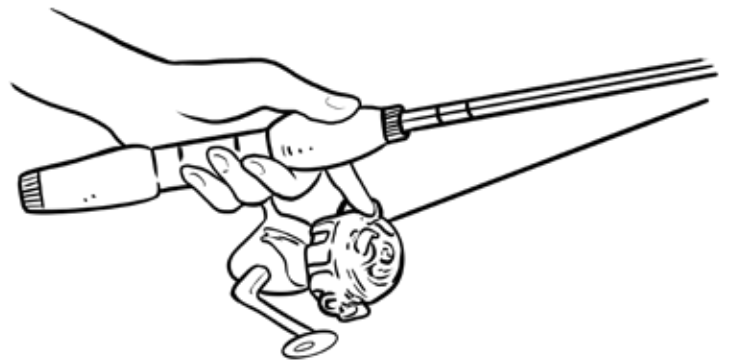
- 4 Bring the rod forward in a rapid motion keeping your rod tip pointed towards your desired target.**

The amount of energy you use will determine how far you will cast.



- 5 As the rod reaches 45 degrees, release the line from your index finger.**

Allow the lines flow after the cast. Once you have hit your target, close the reel's bail by giving a turn of its crank.



10 Great Fishing Tips – And, There's Lots More

- 1 Be a learner – learn from the best books, YouTube®, online, and others
- 2 Learn local fish behaviors – talk to the locals
- 3 Be aware and handle with care – remember, the spines, fins, teeth, and gill rakers (ouch!) of fish can inflict serious wounds – avoid injuring the fish you may need to release
- 4 Dusk and dawn are best – if you intend to cast surface lures at the topwater, particularly in the rivers, ponds and streams, dawn and dusk are by far the best times.
- 5 Keep an eye on the barometer. The bite often increases with dropping pressure.
- 6 Talk to the locals – there really is no substitute for the knowledge they can share.
- 7 Get some quality weather gear. Don't let the rain ruin the one day per week you may have to fish. Often, rainy days create ideal conditions that will keep fish biting for a longer period
- 8 Organize Your Gear. When your gear is sorted into logical places in tackle bags and boxes, rigging up, lure selection and gear changes happen much faster.
- 9 If it's at all possible, rig before you hit the water; that way you'll be ready to cast when you arrive.
- 10 Always have your fishing license – a real must!

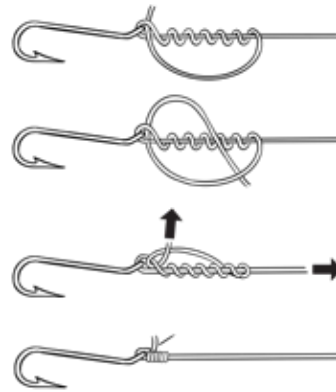
**LET'S GO
FISHING!**

Know Your Knots

1 Improved Clinch Knot

(for tying line to a hook)

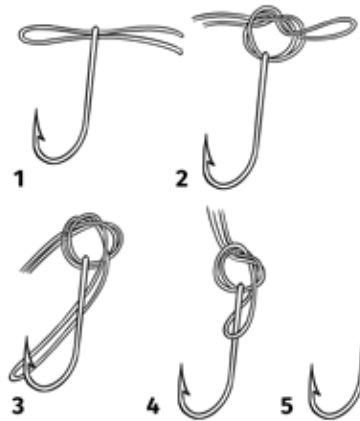
1. Thread the line through the eye of the hook, then make five to seven wraps around the line with the loose end.
2. Thread the loose end of the line through the loop closest to the eye, then back around inside the loose section of the line.
3. Pull both ends of the line until tight.
4. Trim the loose end of the line if necessary.



2 Palomar Knot

(for tying line to a hook)

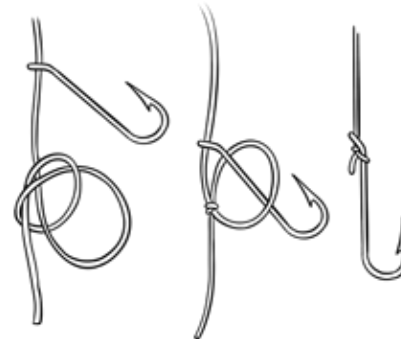
1. Double your line to make a loop, then push the loop through the eye of your hook.
2. Tie a loose overhand knot.
3. Pass the loop around the end of the hook.
4. Pull on the line to tighten.
5. Trim the loose end of the line if necessary.



3 Turtle Knot

(for tying line to a small hook)

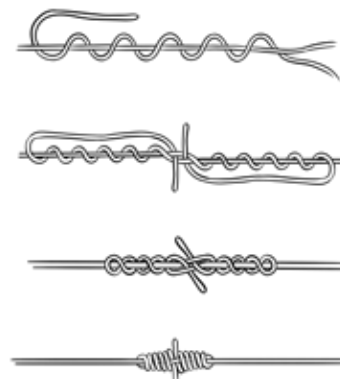
1. Run the line through the eye of the hook, then tie a loose double overhand knot at the end of the line.
2. Pass the open loop over the hook and tighten the whole thing so that the loop tightens around the eye.



4 Blood Knot

(for joining two sections of line together)

1. Line up the ends of each line together for several inches, then wrap the first line around the second at least five times.
2. Wrap the second around the first at least five times, and bring both loose ends back to the middle between the two lines.
3. Pull tight on each line until the knot is snug.

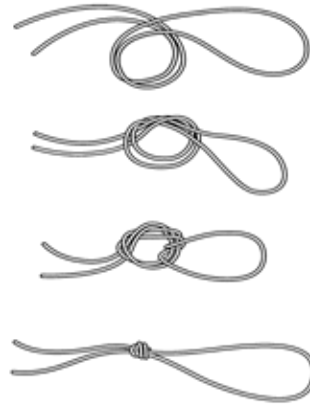


Know Your Knots *Continued*

5 Double Surgeon's Loop

(for forming a loop at the end of a line)

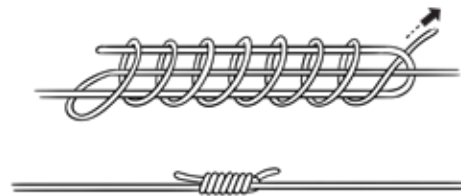
1. Fold over the end of the line to make a double line, then tie a single overhand knot.
2. Pass the loop through the hole in the overhand knot one more time.
3. Moisten the knot and tighten.



6 Wire Line to Mono Knot

(for attaching wire line to monofilament)

1. Fold four inches of wire line back over itself to form a bend at the end of the line.
2. Run your monofilament line through the middle of the bend, then wrap it once around the bottom of the bend.
3. With the monofilament, make seven close turns around both lines.
4. Pass the loose end of the monofilament above the center strand of the monofilament and below the wire line, then pull snug.



7 Tucked Sheet Bend

(for attaching the line to a leader loop, or snelled hook to the line)

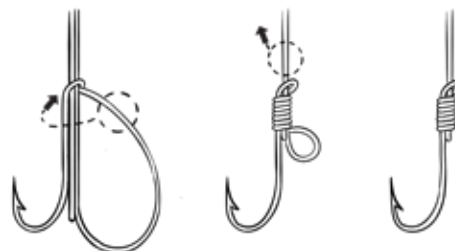
1. Pass the end of the line through the loop, then make a simple sheet bend knot.
2. Pass the end of the line back through the loop of the sheet bend.
3. Tighten until snug.



8 Snelling a Hook

(for attaching monofilament to a hook)

1. Pass the end of the line through the eye of the hook twice, creating a loop that hangs alongside the hook.
2. Wrap the loop around the hook, forming tight coils, five to ten times.
3. Holding the coils in place with one finger, pull the line up until the loop is snug under the coils.



Let's Review – Take the Quiz, Get that Fishing Patch

- 1** When picking a place to fish, you should always make sure it's legal to fish there.
☐ True
☐ False
- 2** A fishing license is only needed when you drive a boat.
☐ True
☐ False
- 3** Life preservers are only for those who cannot swim.
☐ True
☐ False
- 4** Blue Gill are commonly found in North Carolina ponds.
☐ True
☐ False
- 5** To surf fish, you will need a surf board.
☐ True
☐ False
- 6** Every fish you catch, no matter the size can be kept.
☐ True
☐ False
- 7** Locals know where some of the best fishing spots can be.
☐ True
☐ False
- 8** Always look behind you before casting.
☐ True
☐ False
- 9** Fly fishing is only allowed in the mountains of North Carolina.
☐ True
☐ False
- 10** You should never go fishing when it is thundering and lightning.
☐ True
☐ False

Review what you've learned

**Complete this review,
and mail or email it to
us to receive your
official North Carolina
Outdoor Heritage Fishing
Achievement Patch!**



Let's Review – Take the Quiz, Get that Fishing Patch *Continued*

I have completed all of the following requirements (check off as you complete them):

- ☐ Receive your North Carolina fishing license. (Please submit a picture of your license.)
- ☐ Read and complete the quiz in this North Carolina Fishing Safety Workbook.
- ☐ Submit pictures of patch recipient fishing.

By signing this page, I confirm that I have learned the safe way to fish.
And I am ready to receive my patch. (Simply fill out this form, and mail
or email it to the North Carolina Outdoor Advisory Council.)

Patch Recipient's Information

Name of Recipient: _____

Parent/Guardian Name: _____

Mailing Address: _____

Email: _____

I, the undersigned, acknowledge that this application was completed with true and accurate information. Additionally, all components to achieve the patch have been completed and all necessary documentation or pictures are included.

Signature of Instructor or Parent/Guardian: _____

Date: _____

Please return this completed workbook along with any additional supporting documentation that you would like included to:

By Mail:

North Carolina Outdoor
Heritage Advisory Council
1715 Mail Service Center
Raleigh, NC 27699-1715

By Email:

Email a PDF or photo
of this page to
info@ncoutdoorheritage.org

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